

CARINGBAH LEISURE CENTRE

GROUP FITNESS TIMETABLE - NOVEMBER



AQUA



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM						
8:30AM	Deep 45 Robyn	Deep 45 Margaret	Deep 45 Eve	Deep 45 Margaret		Deep 45 Wendy
9:00AM						
9:30AM		Gentle 45 Margaret	Gentle 45 Eve	Gentle 45 Margaret		

EVENING

7.30PM	Deep 45 Margaret					
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- All CLC Aqua classes are 45 minutes